

Minestrone Soup

Category: Starters:Soups
Master Ref:

Portion: 6 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
72 kcal	10 gm	4 gm	2 gm	24 %	4 mg	629 mg	2 gm	28 mg

Step	Ingredients	150 Servings Amount	300 Servings Amount	600 Servings Amount
1	Beans,Navy,Dry	2 lb	4 lb	8 lb
2	Bacon,Raw,Sliced	1 lb	2 lb	4 lb
3	Onions,Fresh,Chopped	1 lb	2 lb	4 lb
4	Base,Beef, Paste	1 lb	2 lb	4 lb
	Water	5 gal	10 gal	20 gal
5	Carrots,Fresh,Diced	2 lb	4 lb	8 lb
	Celery,Fresh,Stalk,Chopped	2 lb	4 lb	8 lb
	Cabbage,Green,Fresh,Chopped	1-1/2 lb	3 lb	6 lb
	Salt	1-1/2 tsp	1 tbs	2 tbs
	Pepper,Black,Ground,Durkee	3/4 tsp	1-1/2 tsp	1 tbs
	Thyme Leaves,Dried	1/4 tsp	1/2 tsp	1 tsp
	Tomatoes,Canned,Crushed,Incl Liquids	1 #10	2 #10	4 #10
6	Garlic Cloves,Fresh,Peeled	1 clove	2 clove	4 clove
	Spinach,Fresh,Chopped	5 oz	10 oz	1 lb 4 oz
	Oil,Canola,Salad	1 oz	2 oz	4 oz
7	Potatoes,Frozen,Diced,Skillet Browns	1 lb	2 lb	4 lb
	Pasta,Macaroni,Dry	1 lb	2 lb	4 lb

- 1 Wash beans and soak overnight in cold water. Drain.
- 2 Cook bacon in stock pot or steam kettle until crisp.
- 3 Add onion to bacon and cook until transparent.
- 4 Prepare beef stock with beef base and water.
- 5 Add ingredients listed in #5 to stock. Bring to a boil. Reduce heat.
- 6 Cook garlic and spinach in oil until spinach is wilted.
- 7 Add spinach, potatoes and macaroni to soup. Simmer until macaroni is tender.

Serving Temp: 180 degrees
Serving Pan: Soup Pot Insert
Serving Utensil: 4 oz. Ladle

Yield: Each 150 servings = 7 gal.

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Nutrition Facts

Serving Size 6 ounces (187g)

Servings Per Container 1

Amount Per Serving

Calories 72 **Calories from Fat** 18

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **2%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 4mg **1%**

Sodium 629mg **26%**

Potassium 235mg **7%**

Total Carbohydrate 10g **3%**

Dietary Fiber 2g **10%**

Sugars 1g

Protein 4g **8%**

Vitamin A 26% • Vitamin C 9%

Calcium 3% • Iron 5%

Thiamin 8% • Riboflavin 3%

Niacin 5% • Vitamin B6 5%

Folacin 10% • Vitamn B12 1%

Phosphorus 6% • Zinc 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4